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# Who killed Brian Fudge?

► Patrons and bar employees were drinking, several fights broke out at bar where 22-year-old Brian Fudge was beaten ► Victim was celebrating New Year's Eve and his 22nd birthday the night he was attacked

Seven years ago, Brian Fudge went to a rowdy bar happily drunk with his friends, but he left in an ambulance so badly beaten he never woke up. Today, a jury will begin to deliberate on weeks of testimony about witnesses' alcohol-soaked memories — testimony the Crown says explains how Fudge was killed.

Charles Manasseri, 49, charged with second-degree murder, is accused of repeatedly smashing Fudge's head into the bar at Le Skratch pool hall. George Kenny, 26, is charged with manslaughter. The Crown alleges Kenny hastened Fudge's death by punching him in the face outside the bar.

In closing arguments Sunday, prosecutor Dallas Mack acknowledged that some witnesses were "unsavory characters," while some were "honestly mistaken" about some details. Testimony established many witnesses were drinking at the time, two have criminal convictions, a few are accused of lying to police or in court and no one saw everything that happened that night.

"They certainly do produce a clear composite picture of what Charlie Manasseri and George Kenny did to Brian Fudge," he said, adding that some discrepancies are natural. "Human beings are not video

## Crown's case

- Numerous witnesses' testimony taken together, leaves no doubt about what happened.
- Charles Manasseri allegedly smashed Fudge's head into the bar and Manasseri told a friend about it later.
- George Kenny allegedly punched Fudge and then boasted "it only took one punch"
- Medical testimony points to two attacks, one that would have inevitably killed Brian Fudge and a second that hastened the process

cameras."

Neither defence team called evidence. Both base their cases on discrepancies in testimony.

Manasseri's lawyer Paul Lewandowski argued the Crown is asking the jury to "mix and match pieces of evidence that don't mix and match."

According to the Crown, an altercation began when Manasseri and Fudge were standing at the main bar of Le Skratch and Fudge expressed some dissatisfaction about having to wait for a drink.

"For reasons that may only be known to Manasseri, this infuriated him," said Mack.

Witnesses testified a fight followed, although their exact descriptions differ. The Crown said wit-

nesses' accounts about Manasseri smashing Fudge's head against the bar are accurate, while defence lawyer Lewandowski highlighted the testimony of bouncer and longtime friend of Manasseri who described seeing only a "mutual scuffle."

To convict Manasseri of second-degree murder, the Crown has to prove he intended to kill Fudge or at least hurt him and was reckless as to whether death would ensue from the hurt he inflicted.

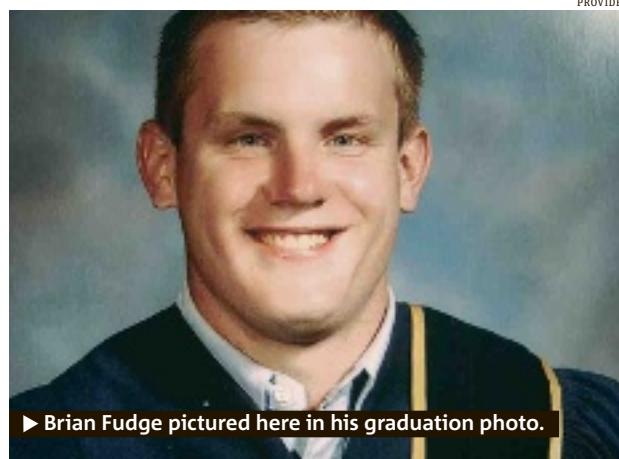
He is alleged to have told a friend to "finish" Fudge after the fight, showing his intent to kill, according to the Crown.

Lewandowski argued any such statements were "bravado" and if Manasseri had wanted to kill Fudge, he would have.

Soon after, Kenny asked a bar manager for permission to "finish" Fudge outside of the bar and then punched him, according to the Crown.

Kenny's lawyer Jeffery Schroeder disputes that Fudge was actually the person whom Kenny punched, arguing that discrepancies in witness accounts actually point to two different fights outside of the bar. One of his key points is that Fudge's friend Dan Narraway, who witnessed the fight, was unable to identify Kenny as the assailant.

● JESSICA SMITH



► Brian Fudge pictured here in his graduation photo.



► Charles Manasseri



► George Kenny

## Manasseri's defence argues:

- Witnesses give differing and "mutually exclusive" testimony about the altercation at the bar.
- Alleged statements about "finishing" Brian Fudge, or finishing the fight, do not establish the intent for second-degree murder because he never followed up on them.
- Medical testimony did not establish that Fudge's death came from the "scuffle" that occurred with Charles Manasseri.

## Kenny's defence argues:

- George Kenny had nothing to do with Fudge that night, in fact he fought with someone else.
- Witnesses who identified Kenny did not reliably identify Fudge, and vice-versa.
- Medical testimony did not establish that the second assault occurred, or hastened Fudge's death if it did.

# 1

news



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## Rally for Canadian resident on death row

Case is example of Iran not respecting human rights: Foreign Affairs Minister John Baird



**JOE LOFARO**  
@METRONEWS.CA

A small group of human-rights activists rallied outside the Iranian Embassy in Ottawa on Sunday to pressure the Iranian government not to execute Canadian resident Saeed Malekpour, who has been imprisoned since 2010.

The Richmond Hill, Ont., web programmer went to Tehran in 2008 to

visit his ailing father. Two years later he was accused of uploading pornographic material to the Internet and was charged with "corrupting the Earth."

Following news reports last week that Malekpour's case has been transferred to the court that handles executions, activists and Canadian government officials have been calling for Iran not to go through with his death sentence.

Shahla Khan Salter,

chair of Muslims for Progressive Values Ottawa, led Sunday's protest. She said that the Iranian government might listen to Canada if it continues its campaign for Malekpour's release.

"It's very important that Prime Minister Harper and John Baird and everybody make a lot of noise about this so that Saeed can come home," Salter said.

WITH FILES FROM TORSTAR NEWS SERVICE

COLLEGE TEACHERS' UNION

### Protest planned at Algonquin

**JOE LOFARO**  
@METRONEWS.CA

Unionized Algonquin College teaching and support staff plan to protest an apparent gag order handed out to a suspended secretary following comments she made to the media.

On Feb. 3, a chief steward of the Ontario

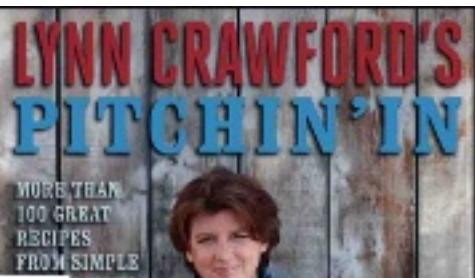
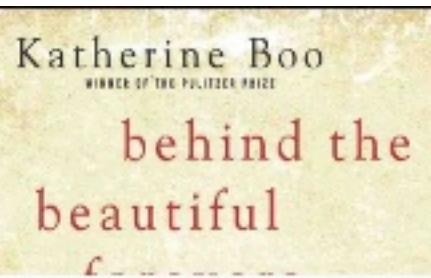
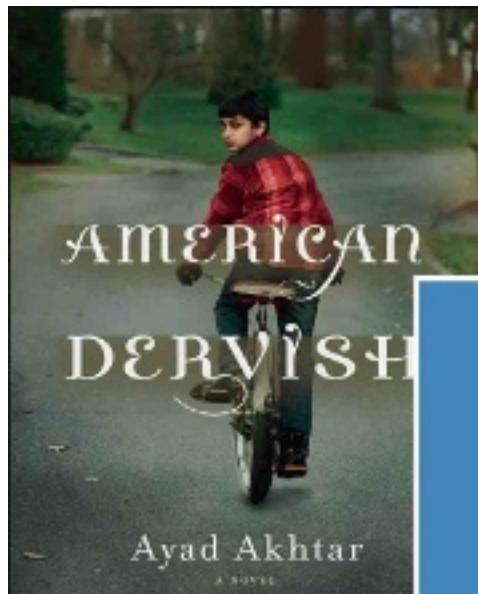
Public Service Employees Union (OPSEU) local 416, which represents about 600 support staff at the college, sent a letter to the Ottawa Citizen criticizing management salaries and alleging college bosses neglect staff complaints and grievances.

Chris Cormier, OPSEU executive board member, said college president Robert Gillet suspended the woman for 30 days without pay and ordered her not to speak to the media about her discipline.

"They talk about wanting to improve labour relations two days after they take, I would say, horrendous steps in choking off our members' free speech," said Cormier.

Cormier said the union will respond by holding a rally at noon at the front entrance of the campus as well as by passing out leaflets to students and to the public to educate them about the ongoing dispute.

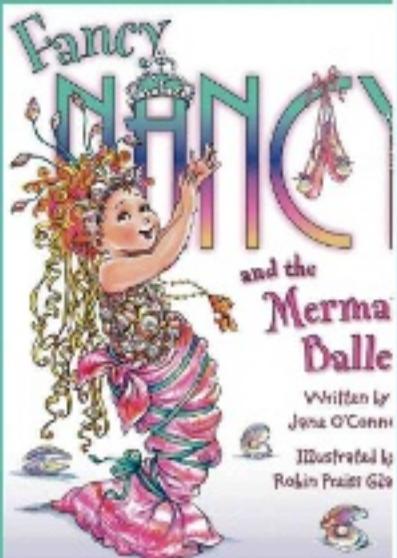
"In the context of labour relations, this is war," said Cormier.



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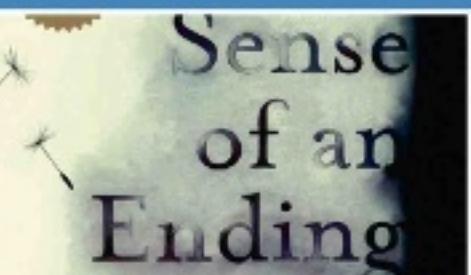
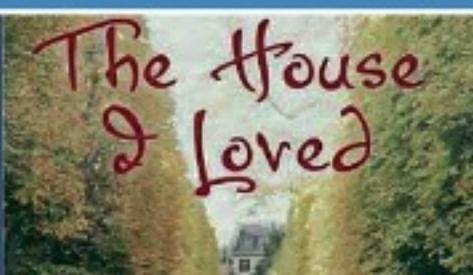
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# Derailment claims 3 Via workers

DAVID RITCHIE/THE CANADIAN PRESS

## ► Engineers killed while riding in cab of locomotive ► 45 were injured

A slight bump followed by people and luggage flying through the air is how one passenger is describing a train derailment Sunday west of Toronto that killed three Via employees and left three passengers with severe injuries.

The time between the train leaving the tracks and the crash was only about 10 seconds, but it felt like "forever," said Deanna Villela of Welland, Ont.

Villela was among 75 passengers travelling on train No. 92 to Toronto from Niagara Falls, Ont., along the busy rail corridor when the train left the tracks around 3:30 p.m. Area residents described a chaotic scene of emergency vehicles, sirens blaring and helicopters buzzing overhead. The locomotive and one passenger car flipped onto their sides and crashed

into a small trackside building. All six cars derailed, a Via official said.

The three dead were Via engineers who were riding in the locomotive. A fourth Via worker in the locomotive was also injured.

Amid the twisted metal and debris, emergency crews scrambled to pull passengers to safety. Some passengers were carried away on boards and stretchers while others, looking dazed and battered, were led out of the wreckage by emergency workers.

"There's no question it's very tragic. We're a relatively small company, we're a family, we know everyone by name," Via chief operating officer John Margison said at the scene. "We certainly feel for the families of the colleagues that we lost."

THE CANADIAN PRESS



► Emergency crew help passengers out of a train wreck in Burlington, Ont., on Sunday. Via spokeswoman Michelle Lamarche said three of the company's employees were killed in the crash. Inset: an aerial view of the train derailment.

# False robocall highlights lack of privacy safeguards

They are naughty-or-nice lists so detailed they rival anything Santa could compile.

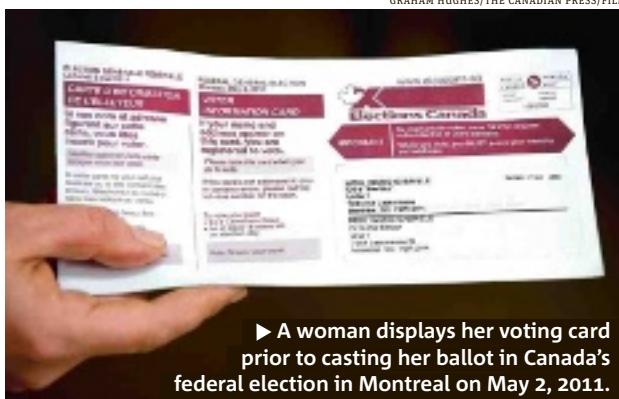
Except the voter-information data collected by political parties is just like St. Nick's — secret.

An investigation launched into misleading and harassing automatic phone calls made during the last federal election highlights the hijinks parties can get up to using the

data they collect on voters. The investigation was launched because of complaints to Elections Canada.

But beyond making the complaint, the people who find themselves on the end of puzzling political phone calls have little recourse except to hang up the phone.

Political parties are exempt from the do-not-call list regime and unlike private businesses or government agencies who collect



► A woman displays her voting card prior to casting her ballot in Canada's federal election in Montreal on May 2, 2011.

volumes of information on citizens, they aren't subject to privacy laws either.

That means there are few restraints on how they can use the personal data they gather.

It's a growing policy concern, privacy and technology law experts say.

While political parties have compiled data on voters for decades, the public's attitude is changing, said Kathleen Greenaway, a pro-

fessor at the Ted Rogers School of Information Technology Management at Ryerson University in Toronto.

People are becoming more sensitive to how their personal information gets used, she said.

"I think we're at a real inflection point in the sense of what we're prepared to put up with for political campaigns," she said.

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## 'Chlorine incident' sends kids to hospital

It was supposed to be a busy day at the Cariboo Memorial Recreation Complex where dozens of kids were getting ready for a swim meet Sunday morning when suddenly they started smelling "something weird."

The fumes, caused by what authorities called "a chlorine incident," forced the evacuation of the complex in Williams Lake, B.C.,

and sent 70 people to hospital, the majority of them children.

"People just said, 'You've got to get out,'" said Abbi Taylor, a 17-year-old swim coach who was there.

She said the kids, who were mostly under the age of 12, were in the pool at the time, warming up for the meet. A hockey game was also going on in the complex. THE CANADIAN PRESS

## Bestiality charges laid in B.C.

A 38-year-old Vancouver man has been ordered to stand trial for bestiality.

Brian Anthony Cutteridge will be in B.C. Supreme Court on March 14 to set a trial date. The allegations against him have not been proved and he is presumed innocent. Marcie Moriarty, head of the B.C. SPCA's cruelty-investigations department, said

the association began investigating Cutteridge in 2010 after being tipped off that he was allegedly engaging in sexual activities with his dog.

There were reports Sunday that a vet alerted the animal-welfare agency because of an infection one dog had, but Moriarty would not confirm or deny this information.

"Unfortunately, the actual act is not as uncommon as we'd like to think, but ... having a case go before a court and having charges accepted is more rare."

THE CANADIAN PRESS

● METRO

# Death toll climbs in Qur'an riots

► Afghan ministers call off trip to Washington ► Leaders meeting on how to stop violence

Demonstrators hurled grenades at a U.S. base in northern Afghanistan, and a gun battle left two Afghans dead and seven NATO troops injured on Sunday in the escalating crisis over the burning of Muslim holy books at a U.S. airfield.

More than 30 people have been killed, including four U.S. troops, in six days of unrest. Still, the U.S. ambassador to Afghanistan said the violence would not change Washington's course.

"This is not the time to decide that we're done here," Ryan Crocker said. "We have got to redouble our efforts. We've got to create a situation in which al-Qaida is not coming

## Not enough

► President Barack Obama and other U.S. officials have apologized for the Qur'an burnings, but this has not quelled the anger of Afghans, who say it shows disrespect for their culture and religion.

back."

The attack on the base came a day after two U.S. military advisers were killed at the Interior Ministry in Kabul. The Taliban say the shooter was one of their sympathizers and that an accomplice helped him get into the compound to kill the Americans in retaliation for the Qur'an burnings. **THE ASSOCIATED PRESS**

## Chain. Reaction



► Russians stand united during an opposition protest along Moscow's Garden Ring on Sunday.

SERGEY PONOMAREV/THE ASSOCIATED PRESS

## Let's have a hand for reform

Thousands of people joined hands to form a 16-kilometre human chain around central Moscow in the latest protest against Russian Prime Minister Vladimir Putin. Activists estimated that they needed 34,000 people to complete the chain along the Garden Ring, and they appeared to have succeeded, or come close.

# Canada calls off Afghan meetings

Canada has suspended all meetings in Afghan ministries after the slaying of two U.S. military advisers.

Foreign Affairs spokesman Yohan Rodericks said the move was taken as a security precaution. He said all Canadian staff are safe and accounted for.

It isn't known how long the meetings will be on hold, but Rodericks said officials are keeping a close eye on the situation.

**THE ASSOCIATED PRESS**

## Recall

- NATO and Britain recalled their advisers from Afghan ministries late Saturday after two U.S. advisers were killed.
- The pair, whose names have not been released, were shot in the back of the head.
- Afghan authorities said Sunday that they have identified a suspect and launched a manhunt.

## Chinese netizens 'occupy' Obama

Chinese are flooding a web page of President Barack Obama's re-election cam-

aign with comments, after China seemingly lifted a firewall. What some are calling "Occupy Obama" began early last week on Google+ and quickly reached a torrent. Most of the comments seem purely for fun. Some ask for green cards, while many call for the end of Communist Party rule. **THE ASSOCIATED PRESS**

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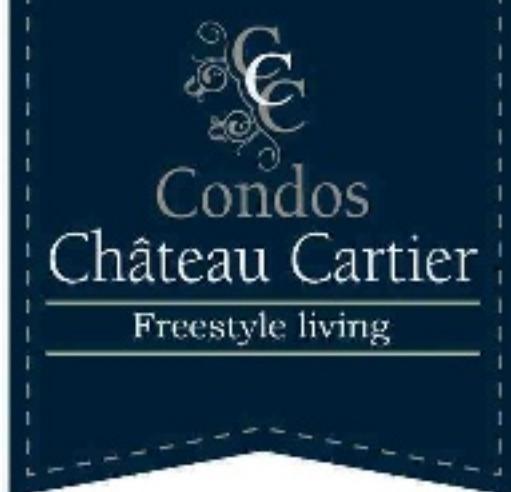
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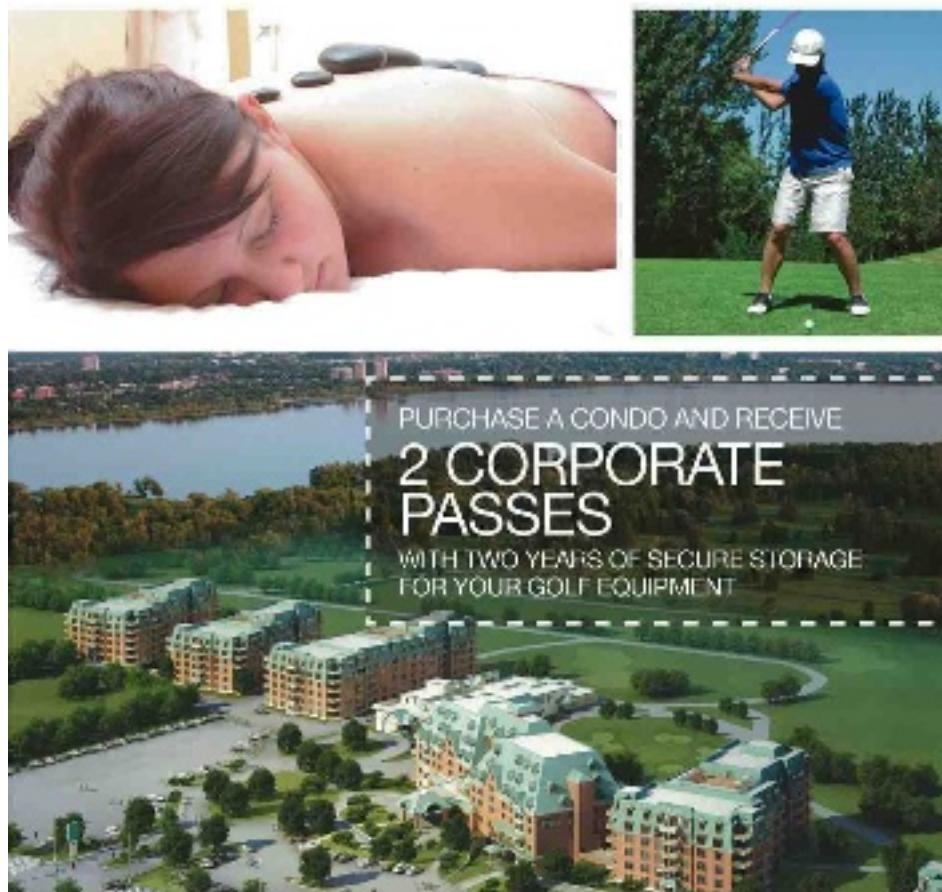
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# Will Canada lead way to mining on moon?

- Moon has compounds not readily available on Earth
- Lunar-resource drilling may start by end of decade

Canada could play a key role in a new international space race, with the next sprint to the moon gearing up as an extra-terrestrial gold rush.

Industry insiders will be watching closely this week as the heads of the world's five biggest space agencies get together in Quebec City, where the partners on the International Space Station will discuss more than the future of the orbiting lab.

They will address an idea gaining currency in business and scientific circles: that within human reach lies an unfathomable wealth of resources, some of them common on Earth and others that could



► A prototype of a lunar rover by Neptec Design Group of Ottawa.

change the way we live.

Canada could figure prominently in any discussion about lunar exploration, with nearly one-quarter of the world's top mining companies and robotics like the famous Canadarm.

Several countries, including China, have expressed a

desire to start mining the moon's resources. The mining industry is now waiting for the Canadian Space Agency to make its intentions known, while the agency awaits direction from the federal government.

The CSA has already begun developing a number of prototype lunar rovers, in co-operation with NASA and several Canadian firms.

The testing of these prototypes on Earth, with special drills for excavating, has already begun and more tests are planned this summer in Hawaii. The next phase would involve building space-bound rovers. **THE CANADIAN PRESS**



► News Corp. chairman and CEO Rupert Murdoch holds the first edition of The Sun on Sunday as it comes off the presses in Broxbourne, England.

## Murdoch replaces News of the World

Rupert Murdoch's newest newspaper launched Sunday with a familiar mix of celebrity news, scantily clad women and defiant language. The Sun's Sunday edition hit the stands two weeks after five employees were arrested in an inquiry into the alleged payment of bribes to police and defence officials. The new Sunday tabloid replaces The News of the World, which closed last July.

## BP oil-spill trial delayed

A judge has delayed by a week the federal trial over the U.S.'s worst offshore oil disaster, saying Sunday that BP PLC was making some progress in settlement talks with a committee overseeing scores of lawsuits, according to people close to the

### Market moment

TSX	Dollar	Oil	Natural gas
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			Gold \$1,776.40 US (+ \$9.90 US)

case, who spoke on condition of anonymity. The lawsuits have been filed by individuals and businesses

following the explosion on the Deepwater Horizon rig on April 20, 2010.

**THE ASSOCIATED PRESS**

# A FOND FAREWELL & A BRUSQUE BYE

## URBAN COMPASS

STEVE COLLINS

METRO OTTAWA



The departures of two high-profile city employees from two of the tougher jobs in town couldn't have been more different. Police Chief Vern White, who quit to accept a Senate appointment not long after renewing his contract, finished up last week with a victory lap of farewell dinners and warm plaudits from practically everyone.

Meanwhile, the city tersely announced the firing of Alain Mercier as GM of OC Transpo on Wednesday, with pro forma wishes from the mayor for success in his future endeavours.

No reasons were stated for his dismissal, but it appears Mercier ultimately took the fall for a multitude of Transpo troubles, among which are the prolonged winter bus strike, glitches in last fall's service cuts and controversy over GPS data.

Mercier may have taken more than his fair share of the blame. Labour relations at OC Transpo had been toxic long before he took over. City council voted for those route cuts before they had access to detailed information on which of their constituents would be walking longer to catch less-frequent buses. With the bus location data,

Mercier seemed to be caught between conflicting directives to make the info freely available as per the city's open-data policy and to exploit it for advertising revenue.

Still, he's walking away with a severance package worth more than my house, which should take some of the sting out of any unfairness.

The contrasting farewells to White and Mercier may have had as much to do with their respective styles as their actual job performance.

White's tenure as chief was hardly scandal-free. The cellblock abuse of Stacy Bonds and other allegations of police brutality stained the force's image. White's solution was to personally get in front of the microphones, acknowledge there was a problem and promise changes. He also met with taxi drivers after one of them was beaten by an off-duty police officer, to help patch up any rifts in their relationship.

Mercier offered weeks of evasion on the specifics of those transit cuts, which he was always careful to call "optimization" or "streamlining." He also claimed 90 per cent of transit riders wouldn't even notice the difference. Reality differed.

Mercier's replacement, John Manconi, says he intends to give Ottawa the first-rate transit service it deserves, tacitly acknowledging that the system on Mercier's watch was something less. Committing to straighter talk with the public would be a solid start.

**"The contrasting farewells to White and Mercier may have had as much to do with their respective styles as their actual job performance."**

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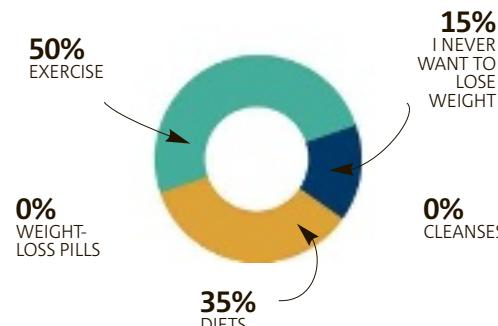
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What method do you use to shed a few pounds?



### Local tweets



@SensChirp:  
The Senators are lucky to

have Chris Neil. Guy is as tough as they come. Hit on Boychuk/fight with Chara changed that game last night. #Sens

@LightJuche:  
White ppl work till they are 65 and retire, and spend the rest of their life at coffee shops, no wonder they turn into serial killers

@veroniqueeroy:  
Best. Nap. Ever.

@madeleineadele:  
I refuse to accept the reality of school tomorrow.

@LuxuryLemonade:  
This was #definitely one of the best days in my life, but now I'm just dog tired. Thank God for maids, babysitters and microwave meals!!

@KrugerJacoH:  
RT @joelAstairs: True maturity is knowing the balance between being serious and being childlike.

### Daily Zoom



## New egg of ancient chikiladae

### New amphibian family found

**NEW DELHI.** An intrepid team of biologists led by University of Delhi professor Sathyabham Das Biju has identified an entirely new family of amphibians — called chikilidae — endemic to the region since before the age of dinosaurs but with ancient links to Africa. **THE ASSOCIATED PRESS**

**2,600** Biju's team worked during monsoon season, when the digging is easier and chikilidae lay eggs in waterlogged soils. Researchers, along with locals they hired, spent about 2,600 hours digging for the elusive squigglers, usually found about 40-centimetres deep.

**"It's like a rocket. If you miss it the first try, you'll never catch it again."**

**PROFESSOR BIJU DESCRIBES HOW CHIKILADAES GROW TO ABOUT 10 CENTIMETRES, AND CAN RAM THEIR HARD SKULLS THROUGH SOME OF THE REGION'S TOUGHER SOILS, SHOOTING OFF QUICKLY AT THE SLIGHTEST VIBRATION.**

### Prehistoric link

The chikilidae is a caecilian, the most primitive of three amphibian groups that also include frogs and salamanders.

Their discovery gives new evidence in the study of prehistoric species migration, as well as evolutionary paths influenced by continental shift.



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2  
scene

## Box office



On Oscar weekend, *Act of Valor*, starring real, active-duty U.S. Navy SEALs, topped the weekend box office, earning \$24.7 million, according to studio estimates Sunday. Lionsgate's *Tyler Perry's Good Deeds* opened with \$16 million. *Safe House* earned \$11.4 million. Other releases — the thriller *Gone* and the comedy *Wanderlust* — had weaker debuts. *Wanderlust* took \$6.6 million. *Gone* took in \$5 million.

THE ASSOCIATED PRESS



For more Oscar coverage, and a complete list of winners, scan this code or visit [metronews.ca/oscars](http://metronews.ca/oscars)



# Hooray for Hollywood's best

## ► Octavia Spencer an early winner at Academy Awards ► 'I share this with everybody,' actress says

Octavia Spencer won the supporting actress Academy Award on Sunday for *The Help*, completing an awards-season blitz that took her from Hollywood bit player to star.

Spencer's Oscar triumph came for her role as a headstrong black maid whose wilful ways continually land her in trouble with white employers in 1960s Mississippi.

Spencer wept throughout her breathless speech, in which she apologized, between laughing and crying, for running a bit long on her time limit.

Martin Scorsese's Paris adventure *Hugo* won the first two prizes of the night, claiming the Oscars

for cinematography and art direction.

It was a great start for Scorsese's film, which led contenders with 11 nominations.

"Marty, you're a genius as usual," said Hugo cinematographer Robert Richardson, who won his third Oscar after previous wins for *JFK* and Scorsese's *The Aviator*.

Oscar organizers saved the first acting trophy until nearly a quarter of the way through the 24 awards. But TV viewers had a consolation prize at the outset with the return of beloved Oscar host Billy Crystal, who got the show off to a lively start.

THE CANADIAN PRESS

**Plummer nabs ACTRA award**

ACTRA Toronto on Saturday named Christopher Plummer best actor for his rakish turn in *Barrymore*, a film version of the celebrated stage production that earned the veteran thespian a Tony some 15 years ago. ACTRA Toronto is the regional arm of Canada's performers' union, also known as the Alliance of Canadian Cinema, Television and Radio Artists.

THE CANADIAN PRESS



► Octavia Spencer accepts the best supporting actress award for her role in *The Help* during the 84th Annual Academy Awards in Los Angeles on Sunday.

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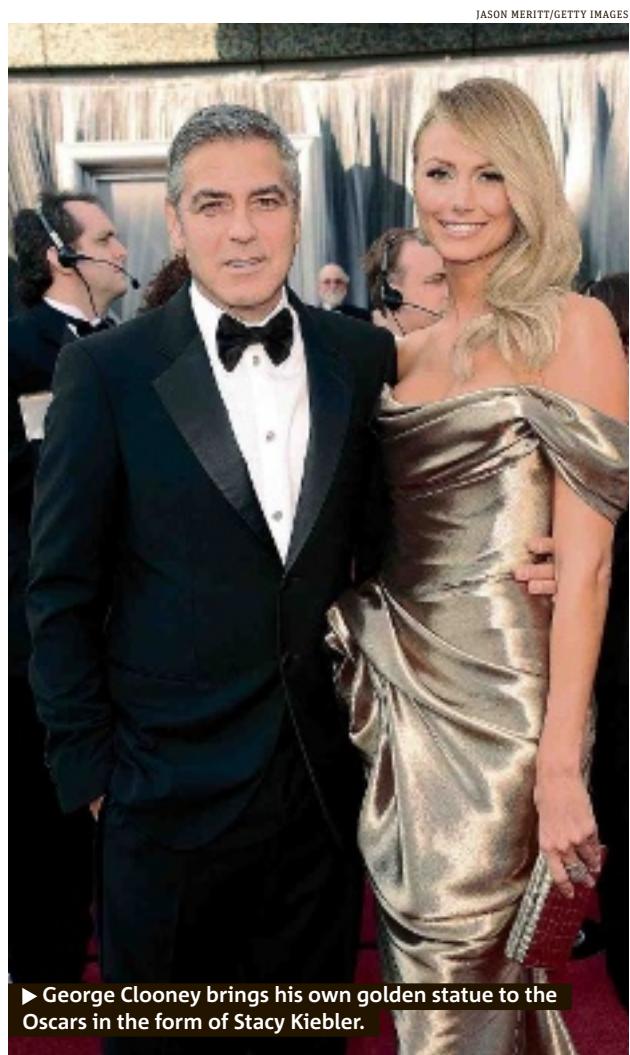
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# Red-carpet Stars

► It takes a lot of glamour to stand out on the red carpet at the Oscars ► Or dressing like a dictator ...



► George Clooney brings his own golden statue to the Oscars in the form of Stacy Kiebler.

## Oscar tweets



**@magicandrew:**  
#Oscars + @justinbieber = I think a server just melted somewhere inside of Twitter.

**@AngryBlackLady:**  
Clooney and Crystal kissed. Santorum just had an aneurysm.

**@mariosundar:**  
I love you @BillyCrystal but your song-and-dance monologue seemed so archaic. Even Clooney seemed thoroughly confused!

**@RajeevMasand:**  
Sandra Bullock announces Best Foreign Lang Film nominee — will be so happy to see Iran's *A Separation* win. So deserving.



► Michelle Williams looks whimsical in Louis Vuitton.



► After dressing as a man for Albert Nobbs, Glenn Close channels her feminine side.



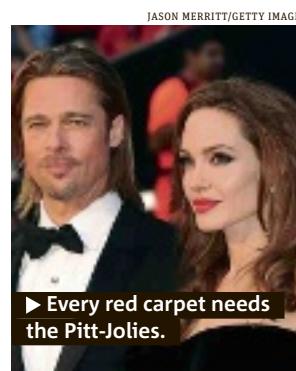
► Sacha Baron Cohen arrives on the red carpet as his character General Aladeen.

KEVORK DJANSEZIAN/GETTY IMAGES



► Kristen Wiig moves from Saturday Night Live to Oscar red carpet with ease.

JASON MERITT/GETTY IMAGES



► Every red carpet needs the Pitt-Jolies.

KEVORK DJANSEZIAN/GETTY IMAGES



► Octavia Spencer stuns in Tadashi Shoji

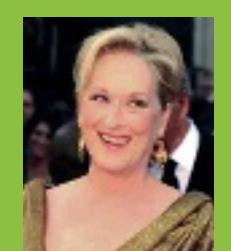


## Billy Crystal

The nine-time Oscar host did what he does best, spoofing the best picture nominees, with a little help from George Clooney, Justin Bieber and Tom Cruise. It was like an old, slightly campy, great uncle stopping in for a visit and pulling a quarter from behind your ear.

## Funny focus group

The Wizard of Oz focus group, featuring some of the cast of *Best In Show* and *Waiting for Guffman*, proved the Oscars can be funny, with their analysis of the classic film: more flying monkeys, less Dorothy.



## Sacha Baron Cohen

Dressed as the alter-ego from his new film, *The Dictator*, Baron Cohen lived up to his unpredictability by bringing the supposed ashes of Kim Jong-il as his red carpet date. Spilling the ashes on E! host Ryan Seacrest, he sunk to a new self-promoting low. Ashes to ashes, dust to dust, without press, Baron Cohen's career will rust.

## Meryl Streep

We love Meryl, but after 17 nominations you think she would know what to wear to the Oscars. Her dress looked like it was rescued from the *Carol Burnett Show*. It's 'curtains' for her stylist. 

# Adam Sandler earns 11 Razzie nominations

► Actor earns the dubious honour of rocking this year's worst movies

## THE WORD

DOROTHY ROBINSON

SCENE@METRONEWS.CA

 While the world continues their celebration of the Oscars and the best and brightest in Hollywood, let's take a moment to look at the worst.

Specifically, poor, poor Adam Sandler, who is saddled with the sad honour of earning 11 Razzie nominations for his various work as an actor, a writer and a producer on three movies for 2011: *Jack and Jill*, *Bucky Larson: Born to Be a Star* and *Just Go With It*.

Sandler received two worst actor nominations, one for *Just Go With It* and another for *Jack and Jill*.

### Bad news bears:

#### Worst film nominees:

- *Jack and Jill*
- *Bucky Larson: Born to Be a Star* (Sandler also co-wrote)
- *New Year's Eve*
- *Transformers: Dark of the Moon*
- *The Twilight Saga: Breaking Dawn, Part 1*

Oh, and he also received a worst actress nod for *Jack and Jill* — if anything, at least he's breaking gender barriers.

Luckily, he's not alone: his *Jack and Jill* co-stars, Katie Holmes and Al Pacino, each received a worst supporting actress and worst supporting actor nomination for their work in that film, respectively. (Way to bring down Pacino, San-



dler.)

It's time for Sandler to pick up a copy of the 1998 edition of *Stop with the Fart Jokes: Transform Your Career and Become an Oscar Winner in No Time* by Tom Hanks. Soon, he'll be

starring in *Punch Drunk Love II: Still Drankin'*, where he and Emily Watson end up adopting a middle-aged deaf, mute, and blind train hobo who teaches them the true meaning of life.

### Celebrity tweets



Just bought a used gas centrifuge on Ebay. If neighbor does not quiet dog I will build nuclear weapon. #fairwarning  
— AlbertBrooks (@AlbertBrooks)



@JessicaSimpson

Vampire Diaries has been a minor obsession of mine this month!! I've watched every episode!! Ok, so maybe it isn't a minor obsession.. Ha

@DanaJGould

I'm working with a human rights group that takes winos off of skid row and releases them back into the wine country.

@SarahKSilverman  
I just said "granola" too many times & now I have no idea what it means or how I ever knew it

## Demi is on the mend, says source

Demi Moore's stay at a rehab facility in Utah is apparently doing the trick, according to *In Touch*.

"She is totally committed to getting better," a friend of the actress says, adding that Moore is now weighing in at more than 100 pounds. The 49-year-old has reportedly gained 10 pounds while in rehab and is



eating three meals a day. "Demi has a long way to go, but she is getting better," the source says. "She has many days where she feels great."

• METRO

## Gerard Butler was on a bit of a tear

Gerard Butler spent the last three weeks in rehab to address an alleged prescription painkiller problem, according to *Radar Online*.

"Gerard has completed a successful course of treatment and has returned home in good health," his rep said in a statement. "We will not be making any further comment at this time."

Butler reportedly developed a painkiller dependency in 2006 after filming *300*. As for other substances, the actor recently told the *Red Bulletin* that he's toned things down considerably.

"I am a single successful Scottish actor in a city full of beautiful women, and I will admit to having the

time of my life," he said.

"I'm very well behaved these days as a lot of the naughty stuff was when I was drinking."



## This one's lips aren't Sealed

Seal is standing by his decision to speak publicly about his impending divorce from Heidi Klum.

"When you publicize your marriage as much as our marriage was publicized, when you renew wedding vows, when you do all those things ... you're giving people a picture of an ideal relationship that people aspire to," he says during an Australian radio interview.

"When it goes south, you can't all of a sudden take the philosophy of a monk and decide to go for a vow of silence. It doesn't really work like that. I respect my



wife's decision not to talk about that, but I felt that people at least deserved some kind of explanation why the picture of the ideal wasn't what they thought it was."

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# Did you find out the sex?

► It's a boy! It's a girl! It's a... surprise! ► Where some people stand on learning the truth early

Six months into her pregnancy, the fashionable Julia Restoin-Roitfeld does not know the sex of her baby—and she has no intention of finding out. Her mom, former Vogue Paris editor Carine Roitfeld, is mighty impressed: "[Julia] doesn't want to know. I'm very proud of her, because me, I

would not be able to do that. But you know, in a way, today you can know everything about anything, and to refuse to know I think is quite chic."

So apparently not finding out the sex of your baby is "chic." Who knew?

Carine also has no intention of baking cookies or

knitting booties any time soon. "I don't think it's my thing," she said with a laugh. Gotta love her for telling it like it is!

But back to the gender discussion. My friends are pretty split down the middle when it comes to finding out the sex of their baby. I personally was

tempted to find out with both my kids but never did because I figured there are so few surprises left these days. But I know countless women who were dying to know if they were having a boy or a girl ASAP — both for practical reasons and for psychological ones, too.

One friend, for example, always planned to have two children. So after she gave birth to a boy and got pregnant with her second, she decided to find out the baby's gender during a 20-week ultrasound. "If it was a boy, I wanted to know," she tells me, "so that I wouldn't be disappointed."

Clearly, this is a woman who always wanted a little girl, though she was and still is beyond grateful for her two wonderful boys. "I just wanted to prepare myself, emotionally. I knew that this would be it and so

if I was never going to have a daughter, I would rather find out in advance than right there on the table. It gave me time to come to terms with it all."

I've also noticed that many couples are divided on whether or not to find out the sex of their baby.

One pregnant woman I know, already mom to two boys, was so curious that she found out behind her husband's back — then feigned surprise when it was a girl (ha!).

Then there are those women who find out by accident because their doctor uses "he" or "she" to describe the baby in a way that's just way too obvious.

Sounds crazy, I know, but this has happened to many friends. And, let me say, they were less than pleased.

SHAWNA COHEN, MOMMYISH.COM

# Working-mom bias

► The work-family balance debate grabs the spotlight

Working mothers are getting some serious press. The New York Times has been debating maternity leave rights for working women.

National Public Radio in the States is looking into the wage gap between working mothers and their childless peers.

And now Forbes magazine has jumped into the conversation with a series

of pieces on the unconscious bias that employers and bosses hold against moms.

Obviously, business media is ready to have a conversation about what it means to be a working mother and how corporations need to support those who choose to have a family and continue to be a productive member of the workforce.

Bring it on! Let's discuss these important issues.

The big problem is that every working mother is judged to behave in the same manner the minute after she gives birth.

Some women are also judged just in case they might want kids in the future, even if they aren't mothers now.

Instead of dealing with individual cases, compa-

nies and managers made general assumptions based on a very diverse group of people.

The debate will help. Maybe now, we'll be able to give women who are considering motherhood a

more realistic picture of the challenges that they're going to face.

Then every woman can decide for herself where her priorities are and what she's willing to sacrifice.

LINDSAY CROSS, MOMMYISH.COM



# 3

life

## Mogul mom



Former model Kathy Ireland, a mother and author of three children's books, has been named by Forbes as the wealthiest supermodel on the planet.

Forbes recognized the iconic model, 48, for raking in the most cash through her brands, beating out domestic diva Martha Stewart. According to the magazine, Ireland sold "an astounding \$2 billion worth of licensed products at retail, making her a bigger licensor than the formidable Martha Stewart."

Her Kathy Ireland Worldwide brands include a clothing line, home furnishings, socks, wigs, self-help books and workout videos.

THE ASSOCIATED PRESS



Motherhood and curling: A juggling act at the Canadian women's championship.

# Emotional equations for happiness

► In his new book *Emotional Equations*, motivational speaker and top-selling author Chip Conley deconstructs your feelings so you can better master them ► Here, he walks us through the math of three powerful emotions

**ANXIETY = UNCERTAINTY x POWERLESSNESS**

**HAPPINESS = WANTING WHAT YOU HAVE / HAVING WHAT YOU WANT**

**DESPAIR = SUFFERING – MEANING**

**Anxiety = Uncertainty x Powerlessness**

The trick here is to decrease the uncertainty and powerlessness, because then you decrease the anxiety.

Here's an exercise: Take out a piece of paper and create four columns. Then, think of something that is

currently making you anxious. The first column is "What Do I Know" about this issue. The second column is "What Don't I Know." The third column is "What Can I Influence." The fourth column is "What Can't I Influence."

Spend enough time do-

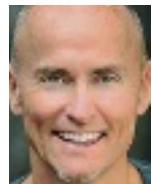
ing this so that you have at least one item per column, but you may find that you have a half-dozen items in some columns.

The reality is that when something is making us anxious, we tend to fixate on those elements of the problem that feel mysterious (what we don't know) or uncontrollable (what we can't influence).

So, there's some liberation in just outlining what's making you crazy and realizing that there may be many balancing positives to those issues that are vexing you.

**Happiness = Wanting What You Have / Having What You Want**

"Wanting what you have"



**"When something is making us anxious, we fixate on those elements of the problem that feel uncontrollable."**

AUTHOR CHIP CONLEY

can be translated into "practicing gratitude," or having a reverence for what is working in your life. The more tricky definition is in the bottom of this equation.

To "have what you want" is an act of "pursuing gratification." I want something and it's my job to go out and pursue it or "have" it in order to satisfy that want.

Don't get me wrong. The act of pursuing something can bring us a sense of ac-

complishment. But, the risk is that "chasing something with hostility" (some dictionaries' definition of "pursuit") or even with just focused attention can completely distract you from what's in the numerator, what you already have.

The true magic of this equation is in finding ways of keeping your attention on the numerator.

**Despair = Suffering – Meaning**

In order for the math to

work, "suffering" has to be a constant. This can also be a struggle for some.

As one person said to me recently, "I get that there's always suffering around, but you don't have to focus on it. There's probably happiness ever-present as well."

That is true, especially if you don't spend too much time in the bottom half of that Happiness equation. But, there are so many gifts that come to us when we accept that suffering is a constant in life.

It can help you with the Disappointment equation (as long as you don't shift into a place of always expecting suffering). It can help you feel less entitled and more appreciative.

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# Pull out all sandwich stops

► Pulled chicken sliders are a great way to infuse a ton of flavour into a small package ► Instead of buns, they can also be served on flour tortillas

When it comes to making pulled chicken, it's hard to beat the two-ingredient simplicity of simmering chicken breasts in a bottle of barbecue sauce.

But if you want try something a little bigger, a little bolder and a lot more interesting, make a sweet-and-savoury pulled chicken that can be done on the stovetop or in a slow cooker.

For the slow cooker version, combine the chicken and sauce ingredients as de-

#### Ingredients:

- 1.15 kg (2 1/2 lb) boneless, skinless chicken breasts
- 1 L (4 cups) chicken broth
- 1 jar (396 g/14 oz) mango-pepper jelly
- 125 ml (1/2 cup) orange marmalade
- 50 ml (1/4 cup) cider vinegar
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) sweet or smoked paprika
- 5 ml (1 tsp) garlic powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) freshly ground black pepper
- 250 ml (1 cup) sour cream
- 1 bag shredded cabbage coleslaw mix
- 150 ml (2/3 cup) light mayonnaise
- Hot sauce
- 12 dinner rolls or other small buns, split

scribed below, then cook on high for six hours. You'll then need to transfer everything to a saucepan to boil for a few minutes to reduce the liquid.

#### Preparation:

- 1 In saucepan over medium-high, combine chicken, broth, jelly, marmalade, vinegar, cumin, paprika, garlic powder, salt and pepper. Bring to simmer, then cook, uncovered, 45 mins. Transfer chicken to cutting board. Continue cooking sauce for 10 mins. or until reduced and thickened.
- 2 Meanwhile, use 2 sets of to pull apart and shred chicken breasts. Once liquid has reduced, return chicken to saucepan and mix with sauce. Simmer until heated through, then remove pan from heat. Stir in sour cream.
- 3 In a bowl, mix coleslaw mix, mayonnaise and hot sauce to taste.
- 4 Serve chicken on buns topped with coleslaw.

THE ASSOCIATED PRESS/  
ADAPTED BY EMILY RICHARDS  
(PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV  
CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA)

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► If you prefer the taste of pulled pork, switch it up by cooking it in sesame oil ► Serve it on buns or over rice

These sandwiches have a hint of sesame that enhances the pork flavour, almost giving you a hint of sweet and sour.

Serve this up for a hot lunch after a morning out playing in the cold with friends.

The pulled pork would also be delicious served over steamed rice.

#### Preparation:

- 1 In a large saucepan, whisk together the beer, tomato paste, brown sugar, vinegar, 30 ml (2 tbsp) of the sesame oil, soy sauce, garlic and mustard powder. Add the star anise and pork. Bring to a simmer over medium-high, then cov-

er and cook for about 45 minutes or until very tender.

- 2 Discard star anise, then use 2 forks to pull apart the pork into bite-size pieces. Stir in the remaining 15 ml (1 tbsp) of sesame oil and the hot sauce. Season with

salt and pepper to taste.

- 3 Divide pork between the buns, sprinkling each with sesame seeds and scallions. THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CHEF. VISIT EMILYRICHARDSCOOKS.CA)

#### Ingredients:

- 1 bottle (330 mL) beer
- 1 can (5 oz) tomato paste
- 60 ml (1/4 cup) packed brown sugar
- 125 ml (1/2 cup) rice vinegar
- 45 ml (3 tbsp) sesame oil
- 15 ml (1 tbsp) reduced sodium soy sauce

- 7 ml (1 1/2 tsp) each garlic powder & mustard powder
- 1 whole star anise
- 3 pork tenderloins (about 3 lbs/1.5 kg), cut into 5-cm (2-inch) chunks
- 10 ml (2 tsp) hot sauce
- Salt and ground pepper
- 8 large rolls or buns
- Sesame seeds and green onions

## Sesame Pulled Pork Sandwiches



► This recipe makes eight to 10 servings.

# Green from the ground up

► Students to build complete green house from scratch ► Trying to achieve Canada's greenest home

 **BEN KNIGHT**  
LIFE@METRONEWS.CA

Many Canadians undertake renovation projects to make their houses greener and cleaner. But what would be possible if you built an entire eco-friendly home — from scratch?

Twenty students from the Endeavour Centre in Peterborough, Ontario, will find out this summer, when they set out to build Canada's greenest home.

"We're a not-for-profit sustainable building school," says executive director Chris Magwood.

"We're aiming for this to be a net-energy-zero home. It will create as much energy as it consumes over the course of a year. The homeowner will actually earn money on the power."

Solar panels on the roof are just the beginning.

The 2,000-square-foot house will be built entirely from locally sourced materials.

It will also be built on an existing lot, so as not to add to urban sprawl.

"Basically, the way people talk about the hundred-mile diet, we really approach home-building that way, too," Magwood

**O** the annual net energy use possible in a properly constructed, eco-friendly house — with a solar-panel electrical system connected directly to the local power grid.

explains.

"To the greatest extent possible, all the materials and people who prepare them will come from the immediate region."

Local sawmills will produce all the lumber.

And materials won't be treated with toxins or other questionable chemicals.

The house will also be built to process rainwater, and recycle household grey water.

"The quality of the water, the air, the light in the home is really important to us."

When completed, the house will immediately go on the market.

Construction costs will be a little higher than a regular two-storey home, but future savings in energy and water costs will offer real savings to the eventual owner.



► Students are trying to show that you can build a truly green home from scratch.

Magwood is confident houses like this will become a lot more common in the not-to-distant future.

"I first started doing this 15 years ago, when these kinds of ideas were so far

out on the fringe that it was hard to even have a conversation with normal people or with builders about it," he says.

"And now, the whole industry feels like it's racing to catch up in that direc-

tion."

The students who build the house will come from all kinds of backgrounds.

Space in the program is still available.

"Things are always doable if you throw

enough time and money at them," Magwood concludes.

"But you want to make sure it's also repeatable, affordable and available."

For more information, visit [endeavourcentre.org](http://endeavourcentre.org).

## GREEN HAIR DYE – NO LONGER JUST FOR PUNK ROCK

Are there eco-friendly hair dyes? Will they cover grey? *Carol of Calgary*

**QUEEN OF GREEN**

LINDSAY COULTER  
GREEN@METRONEWS.CA

 Eco-friendlier hair dyes do exist.

Avoid ammonia, petrochemicals, sulfates, phthalates, parabens and P-phenylenediamine (PPD).

It's hard to find permanent colours that don't

contain PPD. PPD-free products often use aminophenols — people allergic or sensitive to PPD may react to those, too. Find a hairdresser educated in the prefixes of these chemicals.

Before you book, ask the salon about ingredients. The more of us that ask, the quicker they'll catch on.

It's for their own good — PPD can cause cancer and be contaminated with heavy metals toxic to the brain.

**"Before you book, ask the salon about ingredients. The more of us that ask, the quicker they'll catch on. It's for their own good — PPD can cause cancer."**

Many eco-friendlier dyes are henna- or vegetable-based (from roots and fruits), others are oil-based.

Some are paired with hydrogen peroxide to help the colour last longer.

Note: many hennas don't disclose ingredi-

ents, but labels may list leaves of aslawsonia inermis and indigoferae tinctoria, walnut, or pure indigo.

So called black henna may be derived from indigo (from the plant indigoferae tinctoria), but may also contain PPD. Those sensitive to PPD

should avoid black henna.

Most vegetable-based colours are called stains — they coat the hair but aren't absorbed below the cuticle of the shaft. Ingredients will be similar to henna but may contain dispersed inks (like pigments used in tattoos).

Greys need a small percentage of chemicals to have true permanent coverage.

Most natural colours are grey-blending more than grey-covering. Do-it-yourselfers can

find non-toxic options in health food stores or organic grocers.

If you like bright reds, violets or gold and have naturally lighter hair; lily stamens or belladonna flower, turmeric or even beet juice can do a wonderful job of tinting the hair and even refresh older highlights. Always wear gloves.

 **David Suzuki Foundation**

# Scaling the heights of success

► Paul Griffith is teaching others to go above and beyond for the less fortunate with his business Over the Edge

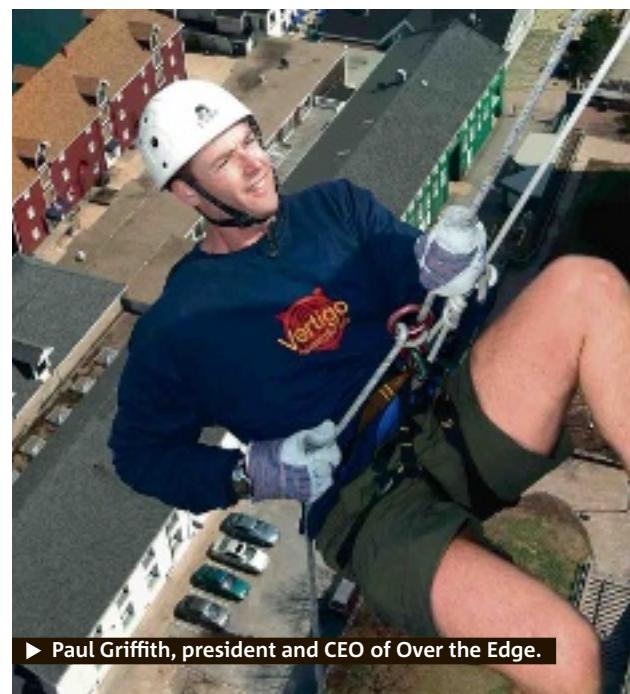
## TURNING POINT

TERESA KRUZE  
LIFE@METRONEWS.CA



For the past eight years, Paul Griffith has been pushing people out of their comfort zone and Over the Edge. And he couldn't be happier.

Griffith and his highly skilled team run events where people rappel down tall buildings and raise money for charity. His Halifax-based business has become so popular they've expanded to the U.S., and have now set a goal to raise 50 million dollars for non-profit organizations in the next 10



► Paul Griffith, president and CEO of Over the Edge.

years.

“It makes it so much easier to go to work every

day knowing you’re making a difference. We’re here to serve and do good

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- Don’t worry too much about money. Create the opportunity and the money will follow if it’s a good idea.
- For more info, visit [overtheedgeusa.com](http://overtheedgeusa.com).

things for others.”

Growing up in P.E.I., Griffith was 10 when he asked his parents for new goalie pads. They told him they would only pay for half so Paul went to a local farm, purchased strawberries for 25 cents a box, loaded up his wagon and sold them to the

neighbourhood for one dollar.

“After a week I had enough money for my goalie pads and I officially retired from my first business” he says with a laugh.

In the coming months, Griffith and his team will be travelling across Canada to stage at least 10 Over the Edge events, including one in Toronto in May. They are challenging people to rappel down City Hall in aid of the Make-A-Wish Foundation.

“We’ve asked the corporate world to step outside of their comfort zone and go over the edge. When you look at the barriers people face through sickness or disease it’s an easy thing to do.”

**“It makes it so much easier to go to work every day knowing you’re making a difference. We’re here to serve and do good things for others.”**

PAUL GRIFFITH

## THROWING THE BUSINESS MODEL AWAY FOR GOOD

## BOOK REVIEW

CRAIG LUND  
LIFE@METRONEWS.CA



**Screw Business As Usual**  
By Richard Branson,  
Virgin Books,  
\$26.95,  
357 pages

With a title like Screw

Business As Usual coming from the likes of Sir Richard Branson, emperor of the Virgin Group, you come to expect that, though off the cuff, there is likely some sound advice on the way.

Branson’s key message is clear: “doing good is good for business.” Eschewing old school capitalism, Branson outlines his vision of what modern capitalism should look like. He calls it Capitalism 24902, a model that looks

beyond profits, but looks at how businesses should shape themselves to benefit the globe.

“It’s not OK that nearly half the world’s population lives on less than \$2 a day” says Branson.

In Branson’s opinion, change needs to come from the ordinary person. “I’m talking about the power of the ordinary everyday person to become entrepreneurs and change makers.” He alludes to the shift in com-

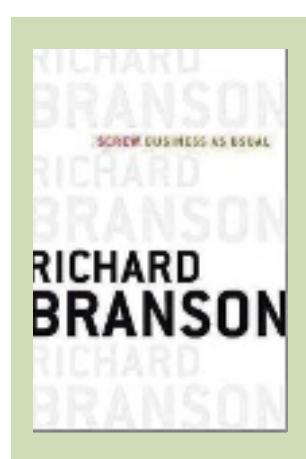
munications access and transparency, in a day and age where anyone can share their opinion publicly and be heard.

One of the most touching examples Branson gives (and I’ll admit that as a South African, I’m biased) takes place in South Africa. In his book he talks about Virgin Unite, the Charity arm to the Virgin Group, and how they established the Branson Centre for Entrepreneurship in Johannesburg, a

project Branson reflects as being “one of the most satisfying projects he’s ever been involved in”.

I don’t use the ‘L word’ too often, but I have to in this case. Branson’s energy and passion is dripping from this book. I loved every word, and feel inspired to take on his call for change.

CRAIG LUND IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETING-TALENTINC.COM OR ON TWITTER @CRAIGLUND



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EST. 1896

# The hurt from bullying lasts, survey shows

- Most agree that adults need to act more when dealing with bullies
- Mentoring seen as a possible way to help both bully and victim

A new survey finds that half of Canadian adults polled say they were bullied as a child or teenager.

The Harris-Decima survey conducted for Big Brothers Big Sisters of Canada found 85 per cent of respondents believe that providing youngsters who bully others with a volunteer mentor is an effective way to reduce bullying.

The phone survey of more than 1,000 Canadians also explored the value of mentoring as a means to prevent abusive

behaviours and assist those who are bullied to rebuild their confidence and self-esteem.

Among those who were bullied, 62 per cent believe they would have benefited from having a volunteer adult mentor to help them cope. And 87 per cent of adults polled agree that action to reduce bullying strengthens communities over time.

The poll also found 89 per cent of respondents believe bullying poses a serious threat to the long-term



► In a recent poll, 85 per cent of respondents said providing youngsters who bully others with a mentor is an effective way to reduce bullying.

well-being of children and teens, and they'd know.

Nearly a third of those polled say they think the abuse they suffered had a lasting harmful effect on them.

The Harris-Decima survey had a sample of 1,034 adults and was conducted between Jan. 5-9. The survey has a margin of error of plus or minus 3.1 percentage points, 19 times out of 20.

The survey findings unveiled last Wednesday coincide with the release of

a report on the mental health of Canadian teens commissioned by the Public Health Agency of Canada, which contained a chapter that also delved into the subject of bullying.

The study of 26,000 Canadians aged 11 to 15 found that higher proportions of young people reported being victims of violence in the form of bullying — 22 per cent in 2010 compared to 20 per cent in a 2002 survey.

However, the Queen's

University-led report also said the prevalence of young people who report they bully others appears to have declined — from 15 per cent in 2002 to 12 per cent in 2010.

The study also found that the prevalence of fighting has decreased since the 2006 cycle of the Health Behaviour in School-Aged Children survey.

For more information, visit Big Brothers Big Sisters Canada online at [bigbrothersbig sisters.ca](http://bigbrothersbig sisters.ca).

THE CANADIAN PRESS

**50** per cent of adults polled say they were bullied as a child or teenager. Nearly a third say the abuse resulted in lasting harm.

**62** per cent believe an adult mentor could have helped them to cope.

**89** per cent believe bullying poses a serious threat to the long-term wellbeing of children and teens.

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# Rhythm is all about... mathematics?

► McGill professor finds math pattern in classical music ► Beethoven is most rhythmically predictable composer; Mozart the least predictable

Elvis Presley once said that when you have rhythm, you have it all over. Now, a McGill University professor has used advanced mathematics to prove that The King was more right than he knew.

Daniel Levitin has found, hidden within nearly 2,000 pieces of classical music, a mathematical pattern that not only holds constant over 400 years of musical history, but also corresponds to fluctuations in everything from the human heartbeat to traffic flow on busy highways.

"I think it's mind-blowing," said Levitin.

"Nobody's claiming that the composers know

the equation or were trying to fit their work to the equation ... (but) they're writing music that conforms to it, perhaps because the brain responds preferentially to it."

Physicists call the equation in question a one-over-f power distribution.

Levitin and his colleagues took 1,788 different pieces of music by composers from J.S. Bach to Scott Joplin and broke each line of music down according to the length of its individual notes.

"There's a kind of mathematical signature that ties together all the works of an individual composer," Levitin said.

► Ann Margret and Elvis Presley in *Viva Las Vegas*.



LIAISON/GETTY IMAGES

Levitin's analysis didn't extend to jazz or pop music, or to non-Western music such as Indian ragas.

But he sees no reason to believe those musics should be any different.

THE CANADIAN PRESS

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# Digital learning includes critical thinking: Report

## ► Teachers say tech belongs in the classroom, but kids need more guidance on when and how to use it

Digital technologies can provide a boost to students in the classroom, but many youngsters lack the literacy skills needed to use the tools effectively to learn, according to a new report.

In Young Canadians in a Wired World, Phase III: Teachers' Perspectives, the Media Awareness Network interviewed a small sample of elementary and high school teachers from across Canada.

Educators surveyed said students loved working and playing on smart-

### Many students lack critical thinking skills to use online tools effectively.

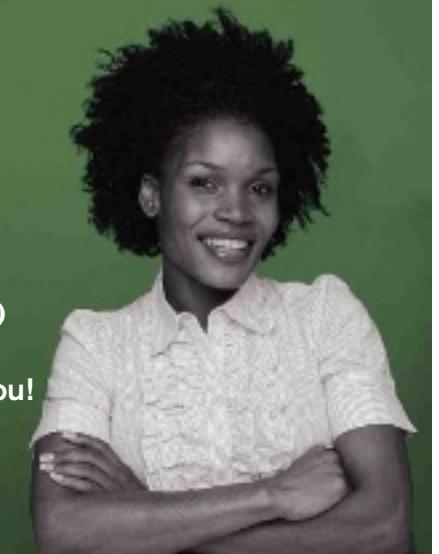
tent and to evaluate their own behaviour against a set of shared social values," the report states.

"Digital literacy is not about technical proficiency, but about developing the critical thinking skills that are central to lifelong learning and citizenship."

The report found many teachers are cautious about technology because it can be disruptive and, in the case of networked devices, can distract students from attending to the tasks at hand. **THE CANADIAN PRESS**

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# Get smarter to get further

► Sometimes the secret to getting ahead at the office is getting out of the office ► Boldly go back to the books



Hitting the books can help you become an expert in your field, expedite that promotion or open the door to new endeavors. For those with the itch to learn we've got some pointers to start you out right.

#### Consider the up-front money

"Always remember that continued education is an investment," explains Steve Herzog, assistant dean at The American College in Bryn Mawr. "Carefully consider the amount of money you'll spend and the likelihood you can reap the financial rewards in a reasonable amount of time."

But before running the numbers, check in with the boss. If your company is able to provide tuition reimbursement, nothing's stopping you from moving forward.

#### Make sure the program is accredited



► It's never too late to learn more.

**"Online options can keep you productive at work while also giving you the education you need."**

DR. SALLY MOUNTS  
PRESIDENT OF AUCTUS  
CONSULTING GROUP

For many employers, an accredited school can make all the difference.

"Some employers simply don't recognize degrees from non-accredited schools, and credits from non-accredited courses are often non-transferable to other institutions," says Cheri Varnadoe, director of corporate relations at MBA@UNC, an online program from UNC Kenan-Flagler Business School.

#### Know your style

If you're employed full-time, online courses may help with time management.

"Online options can keep you productive at work while also giving you the education you

need," says Dr. Sally Mounts, president of Auctus Consulting Group.

That said, it's important to consider how you learn. Herzog recom-

mends asking yourself: Do you do well in class- room settings, or does

reading and listening to pre-recorded lectures best suit you?"

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THE HOCKEY  
NEWS

MURRAY PAM  
OTTAWA@METRONEWS.CA



One sliced pinky and many bitten fingernails later, the Ottawa Senators played the first card in their hand. Time will tell if it's an ace, but the early reviews are positive.

One day ahead of the NHL's trade deadline, general manager Bryan Murray shipped a second-round pick in the 2013 draft to the St. Louis Blues for highly regarded goaltending prospect Ben Bishop.

In the 26-year-old Bishop, Ottawa gets a big body in goal — Bishop fills a lot of the net at 6-foot-7 — and one they hope can bridge the gap while Craig Anderson and his carved little finger heal. Further, Bishop, who was named the AHL all-star game MVP this season and viewed by many as one of the best backstops outside the NHL, could also be a long-term solution.

"Obviously he has great size, which when on his game, he uses very well in blocking type fashion," said one scout. "He has learned to quiet down his movements in the net and play solid positionally compared to the past where he could be busy, offer up rebounds and drop



► Ben Bishop makes a save while with the Blues last February in Calgary.

early."

Bishop's six shutouts and .928 save percentage lead the minor loop. If not for the surprising campaign of Brian Elliott, Bishop

likely would have been the backup in St. Louis this season. A potential unrestricted free agent until yesterday, Bishop agreed to a \$650,000, one-year,

one-way deal to remain a Senator in 2012-13. Unfortunately for "goalie of the future" Robin Lehner, who has battled injuries and a hot temper this season in

## Deadline debacle

In Feb. 2004, the Senators acquired former 50-goal-man Peter Bondra from the Capitals for untested minor-leaguer Brooks Laich and a second round-pick in a trade that they would rather forget.

► Bondra failed to earn a point in a first-round playoff loss vs. the Maple Leafs, while Laich is still going strong in his 7th season with Washington.

Binghamton, this means another season in the AHL is probable. Seldom used backup Alex Auld, meantime, has faltered in limited opportunities, and the club couldn't risk rolling the dice on him alone.

Last week, Murray reiterated he would not deplete the system. Mission accomplished with this deal. Murray also declared the club doesn't want to subtract from the current roster at the deadline. That said, if there is another "hockey trade" to be made Monday for a top six forward or a dependable defenceman that will improve the team this season and beyond, the GM has to lend some thought to it.

But remaining quiet isn't a bad option, either. While the Senators risk losing possible UFA's Filip Kuba, Matt Carkner, and Zenon Konopka at season's end, sometimes the best trades are the ones you don't make.

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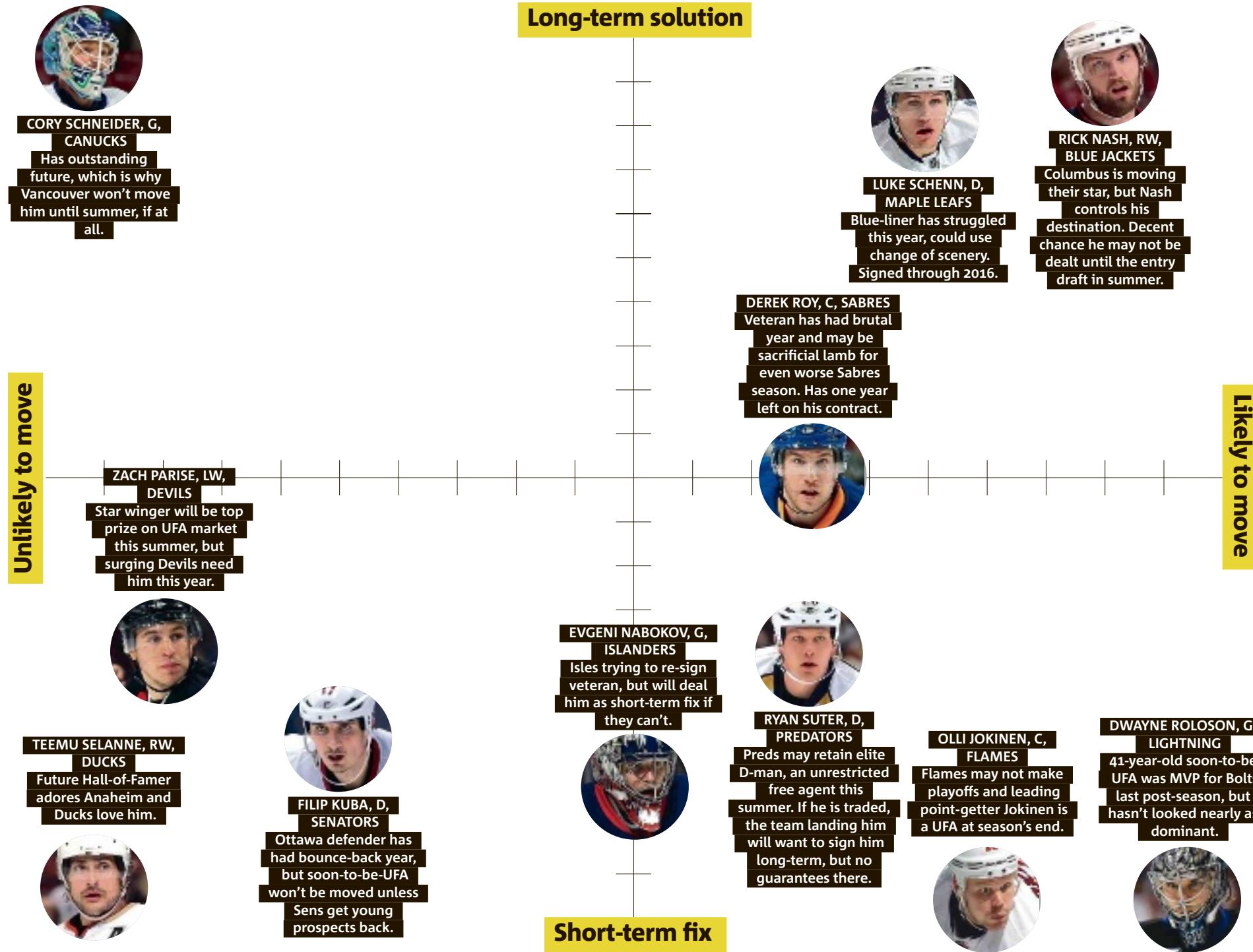
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## NHL Trade-Rumour Matrix

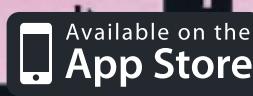
You're bound to hear many player names mentioned in NHL trade deadline day rumours, but what is the likelihood any of them changing teams? And are they short or long-term fixes? Hockey News writer Adam Proteau plots it out.

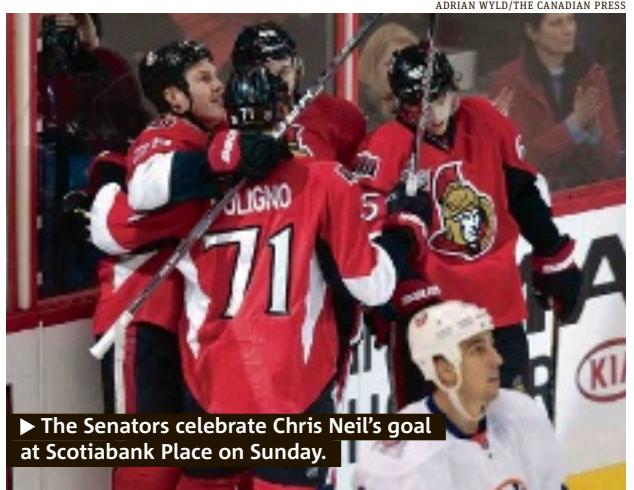


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ADRIAN WYLD/THE CANADIAN PRESS

# Senators lean on Lehner

► Emergency call-up puts in solid performance in big win vs. New York

Robin Lehner made 28 saves as the Ottawa Senators beat the New York Islanders 5-2 on Sunday.

Milan Michalek, Jason Spezza, Jim O'Brien, Chris Neil, and Kyle Turris also contributed goals for the Senators (33-23-8).

Lehner was making his first start since being re-

5  
SENATORS

2  
ISLES

called from the AHL after Craig Anderson cut his

**63** Erik Karlsson's two assists gave him 65 points and the record for most points in a season by a Sens' blue-liner. Norm Maciver's 63 in 1992-93 was the old record.

hand last Thursday in a culinary mishap.

John Tavares and P.A. Parenteau scored for the Islanders (26-28-8) while Evgeni Nabokov made 19 saves.

Prior to the game, Ottawa made a trade for goalie Ben Bishop from the St. Louis Blues for their second-round pick in the 2013 NHL draft. **THE CANADIAN PRESS**

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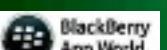
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## Crossword

## Across

1 Vim and vigor  
4 Had breakfast  
7 Acceptable  
11 Rowing props  
13 Bagel topper  
14 Pleasant  
15 Seniors' big event  
16 Mischievous tyke  
17 Paradise  
18 Provide with funds  
20 Seethe  
22 Barbie's cohort  
24 Ruins the shoe polish  
28 Custodian  
32 Grin  
33 Portent  
34 "Holy mackerel!"  
36 Surveyor's map  
37 Suit material that draws lint  
39 Rocket launcher  
41 Stuck up  
43 "Le Coq —"  
44 Picnic spoiler  
46 Playful water critter  
50 Primary

53 — and caboodle  
55 Dry riverbed  
56 As well  
57 Compass pt.  
58 Japanese sashes  
59 Rhett Butler's closing word  
60 Caribbean or Mediterranean  
61 Witness

## Down

1 Vatican VIP  
2 Deserve  
3 Poke  
4 Boxer Muhammad



54 See 7-Down

## ► Friday's answer



## Today's horoscope



For today's crossword answers and for expanded horoscopes, visit metronews.ca

## ♈ Aries March 21-April 20

Put small issues out of your mind and focus only on the things that matter.

## ♉ Taurus April 21-May 21

Don't worry if you've been finding it hard to get along with someone because as from tomorrow your minds will be on the same wavelength again.

## ♊ Gemini May 22-June 21

If there is something you need done, something that is so important it really can't wait, you're going to have to do it yourself.

## ♋ Cancer June 22-July 22

If you let others set the rules of the game they will inevitably fix them

so they win and you lose.

## ♌ Leo July 23-Aug. 23

Think long and hard before ending an association that may not be easy to revive again in the future.

## ♍ Virgo Aug. 24- Sept. 22

Loved ones are extremely demanding at the moment and if you get through the day without raising your voice you will have done well.

## ♎ Libra Sept. 23-Oct. 23

Take it easy now because the next few days could be busier than you anticipated, especially on the work front.

## ♏ Scorpio Oct. 24-Nov. 22

According to the planets someone is being less than honest with you

about what they are planning.

## ♐ Sagittarius Nov. 23-Dec. 21

Why are you worrying about something over which you have no control? There's no logic to it.

## ♑ Capricorn Dec. 22-Jan. 20

Take a break from your busy schedule and give some thought to the direction your life seems to be heading.

## ♒ Aquarius Jan. 21-Feb. 18

You are attaching too much importance to other people's opinions.

## ♓ Pisces Feb. 19-March 20

If someone is wasting your time then you must allow yourself to get angry.

• SALLY BROMPTON

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's answer ►



## Today



## Tuesday



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**Night,**  
Wonderful Saturday evening to everyone tonight! Wasn't it a beautiful Saturday? Good thoughts! From a noble person sharing conscious sincere craziness! Hmm? Sweet Call!

SATURDAY

**sandra,**  
to the woman i hold so dear that i wait to be near

CRASH

**Matt,**  
I smiled at you yesterday, and I hope you noticed it. Sorry I didn't get to wave back at you. I was hoping you were going to talk to me on my break. Well I'll see you next week.

R

**my pet**  
well, that is good, I waiting for you? No surprising! admit i'm scared to talk first...Why not!

ME

## Caption contest



"Hey, how do you park this thing?"  
JOHN



## You write it!



Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



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• km: 56850
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\$229" Bi-weekly

<b>09 BMW 323</b>
• Loaded, A/C, Lthr, Roof, Auto
• st: 33127
• km: 51691
<b>\$25,850</b>
\$231" Bi-weekly

<b>08 BMW X3</b>
• AWD, Loaded, Lthr, Roof, Auto
• st: 33285
• km: 51156
<b>\$29,650</b>
\$264" Bi-weekly

<b>08 Wave</b>
• Std
• st: 32863-A
• km: 42364
<b>\$7,750</b>
\$72" Bi-weekly

<b>09 Kia Rio</b>
• Loaded, A/C, Auto
• st: 32437
• km: 63588
<b>\$9,820</b>
\$91" Bi-weekly

<b>08 Malibu Hybrid</b>
• Loaded, A/C, Auto
• st: 33056
• km: 93395
<b>\$12,850</b>
\$119" Bi-weekly

<b>08 LandRover LR2 SE</b>
• 4x4, Loaded, A/C, Auto
• st: 32103
• km: 57516
<b>\$21,870</b>
\$195" Bi-weekly

<b>10 VW Touareg</b>
• 4WD, Loaded, Roof, Lthr, Auto
• st: 32759
• km: 28556
<b>\$36,750</b>
\$290" Bi-weekly

<b>08 Lincoln MKZ</b>
• AWD, Loaded, Lthr, A/C, Auto
• st: 33380
• km: 89589
<b>\$16,880</b>
\$157" Bi-weekly

<b>07 Accent GLS</b>
• Loaded, A/C, Auto
• st: 33392
• km: 83450
<b>\$6,850</b>
\$74" Bi-weekly

<b>08 Honda Civic</b>
• Loaded, A/C, Auto
• st: 33330
• km: 96012
<b>\$10,470</b>
\$97" Bi-weekly

<b>07 Suzuki Swift</b>
• Loaded, A/C, Auto
• st: 33291
• km: 48697
<b>\$7,340</b>
\$79" Bi-weekly

<b>08 Benz C300</b>
• 4matic, AWD, Loaded, Roof, Lthr
• st: 33099
• km: 79995
<b>\$26,840</b>
\$239" Bi-weekly

<b>09 Lexus RX350</b>
• AWD, Loaded, Lthr, Roof, Auto
• st: 32858
• km: 45574
<b>\$31,870</b>
\$284" Bi-weekly

<b>07 Benz ML320</b>
• Diesel, AWD, NAV, Roof, Lthr
• st: 32168
• km: 72545
<b>\$32,680</b>
\$339" Bi-weekly

<b>08 Toyota Yaris</b>
• Std
• st: 33259
• km: 85685
<b>\$7,850</b>
\$73" Bi-weekly

<b>10 Honda Insight Hybrid</b>
• Loaded, A/C, Auto
• st: 31958-A
• km: 53737
<b>\$18,800</b>
\$155" Bi-weekly

<b>08 Hyundai Elantra GL</b>
• Std
• st: 33047
• km: 34056
<b>\$8,450</b>
\$78" Bi-weekly

<b>08 Lexus IS250</b>
• AWD, Loaded, Roof, Lthr, Auto
• st: 29824
• km: 75146
<b>\$27,840</b>
\$248" Bi-weekly

<b>07 Cadillac CTS</b>
• Loaded, A/C, Lthr, Auto
• st: 33383
• km: 64065
<b>\$16,930</b>
\$182" Bi-weekly

<b>08 Benz B200</b>
• Loaded, A/C, Auto
• st: 32353
• km: 66500
<b>\$16,880</b>
\$157" Bi-weekly

<b>07 Nissan Versa</b>
• Loaded, A/C, Auto
• st: 33103
• km: 53694
<b>\$9,960</b>
\$107" Bi-weekly

<b>07 Pontiac G5 SE</b>
• Loaded, A/C, Auto
• st: 33309
• km: 93314
<b>\$5,750</b>
\$62" Bi-weekly

<b>10 Suzuki SX4</b>
• Loaded, A/C, Auto
• st: 32918
• km: 52490
<b>\$11,750</b>
\$97" Bi-weekly

<b>08 Toyota Matrix</b>
AUTO • 102852km
st: 33307 • \$9,960
bw:\$92"

<b>11 Mazda 3</b>
LOADED, A/C, AUTO • 28520km
st: 32871 • \$15,950
bw:\$131***

<b>08 Hyundai Santa Fe GLS AWD</b>
LOADED, A/C, AUTO • 92401km
st: 33044 • \$14,950
bw:\$136**

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